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Race using NCR defence in guilty plea

Lawyer for man accused of murder says he's paranoid schizophrenic

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LIFE LESSONS FROM METH MAKERS

WITH BREAKING BAD'S SERIES FINALE OVER, WE LOOK BACK AT WHAT THE DRAMA THAT CELEBRATED EVIL AND DEPRAVITY HAS TAUGHT US

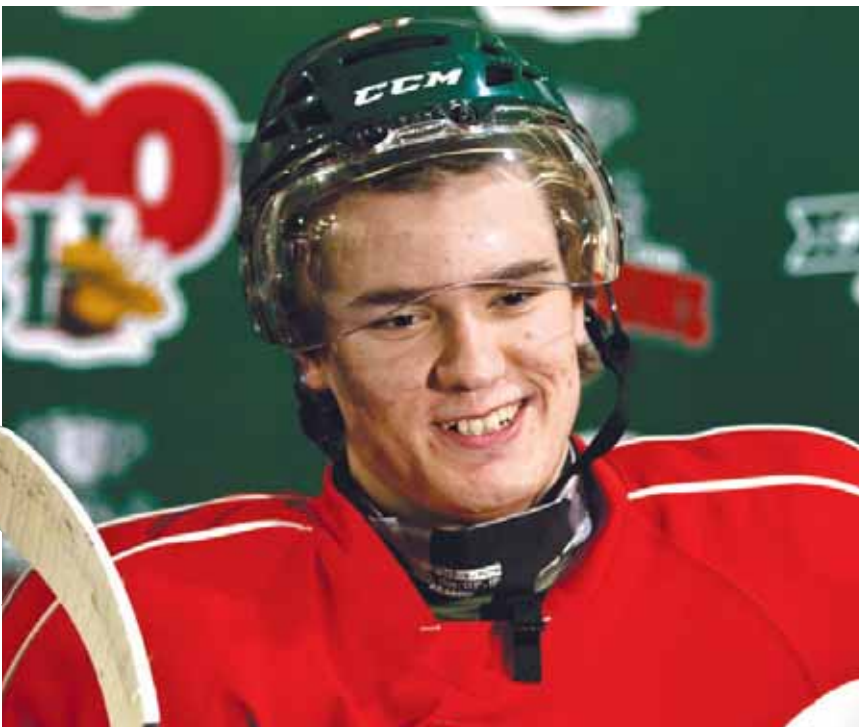
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Explore your
Maroon side



Music First



HALIFAX STAR-STRUCK ONCE AGAIN

Jonathan Drouin speaks to the media during his first day back with the Halifax Mooseheads at the Metro Centre on Monday afternoon. Drouin, who was cut Sunday from the Tampa Bay Lightning, is expected to make his season debut on the road Tuesday night against the Sea Dogs in Saint John. Story, page 20. JEFF HARPER/METRO

New Roy could 'lead to progress'

Barrington Street.
Mixed-use building set
to go up downtown



HALEY
RYAN

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The historic Roy Building in downtown Halifax will be re-made as a 22-storey "luxury condominium," a move the area councillor said could lead to progress along Barrington Street.

New details were released on Monday about the building, which will become mixed-use with retail space on the ground level and a residential tower beginning on the seventh floor.

Construction is set to begin in the spring of 2014, with developer Louis Reznick of Starfish Properties and architects Mansoor Kazerouni and Henry Burstyn on board.

"Having this kind of accommodation available in the downtown core is a great step forward," said Kazerouni of IBI



The development for the Roy Building. HANDOUT

Architects Atlantic. "This promotes vibrancy 24-7."

According to The Roy's website, the building will have a swimming pool, outdoor cabana, entertainment rooms, concierge services and "cutting-edge security."

Although the project is being started from the ground up, Kazerouni said, the first six storeys will resemble the original brick structure and will keep the central stone arch.

"That's part of the identity of the building," said Kazerouni. "It would not ... have been appropriate for us to bring steel and glass facades, and insert them into the middle of what has a very definite kind of pattern and texture."

Although downtown councillor Wayne Mason said the project's scale is a "little different" than what would usually fit in HRMBByDesign for the area, the high-end design could fill a niche because other projects going up are moderately priced apartments.

Mason said there are those who are not happy with the height and dimensions of the space, but having a well-kept building full of people spending money downtown is preferable to keeping one where the bricks are "falling off of it."

"This is definitely going to lead to progress in terms of fixing those problems in those blocks of Barrington and Granville," Mason said.

Work on The Roy is expected to be finished by fall of 2015.



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Spending. Former Dartmouth North MLA set to be sentenced

A sentencing hearing is scheduled to take place on Tuesday for a former Dartmouth North MLA who has pleaded guilty in Nova Scotia's spending scandal.

Trevor Zinck pleaded guilty in June to fraud over \$5,000 and breach of trust for accepting about \$9,000 from the Speaker's Office to cover constituency expenses in 2008 and 2009, even though he didn't pay those owed money.

His sentencing hearing was originally scheduled for August, but was pushed back when his lawyer, Lyle Howe, asked for a delay, citing his client's mental-health problems and how they relate to the offences.

Zinck, who sat as an Independent, initially refused to quit politics following his guilty plea but changed course after the Speaker announced he would recall the legislature to deal with his possible expulsion.

He has since decided to not run in the riding in the upcoming provincial election.

Sentencing arguments are scheduled to begin at 9:30 a.m. at Nova Scotia Supreme Court in Halifax.

Three other former politicians have also pleaded guilty to fraud-related charges that stemmed from a 2010 investigation by the province's auditor general into constituency allowance spending. **METRO**



Trevor Zinck
METRO



Friends and family of victims Michael Knott and Trevor Brewster leave the courtroom after hearing Glen Race change his plea to guilty on Monday.
Inset: Glen Race is shown in this photo from last year. JEFF HARPER/METRO; INSET: ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Glen Race pleads guilty

Murders. Defence lawyer to argue his client not criminally responsible for killings

A man charged with killing two men in Nova Scotia six years ago pleaded guilty Monday to first- and second-degree murder, but Glen Race's lawyer will argue at a provincial Supreme Court hearing in November that his client is not criminally responsible for the slayings.

Justice Kevin Coady did not enter convictions in the case Monday so that defence lawyer Joel Pink's application on the state of Race's mental health at the time of the murders can be heard over five days in November.

Both Pink and Crown attorney Paul Carver said outside court that they expect forensic psychiatrists from both sides will agree that Race was too mentally ill at the time of the stabbings to be found criminally responsible for his actions.

"It's anticipated the evidence will be unanimous on the issue," Carver said.

Quoted

"By entering the plea ... we have admitted to the acts themselves, and we were hoping that will bring some relief to the victims' family, knowing there will not be a trial."

Defence lawyer Joel Pink outside of court

But he said the final decision on whether Race is not criminally responsible will be made by Coady after hearing the evidence.

Race, who has been diagnosed with paranoid schizophrenia, was charged with two counts of first-degree murder in the deaths of Michael Knott, 44, and Trevor Brewster, 45, in May 2007. Court heard both men were stabbed.

Knott's body was found on a wooded path in southwestern Nova Scotia on May 5, 2007, and Brewster's body was found four days later under a boardwalk at a lake in Halifax.

At the time, the deaths prompted a rare warning from police that people should use caution in areas where gay men cruise for sex.

A manhunt for Race after the deaths of the two men in Nova Scotia, and another man

in New York state, ended in Texas on May 15, 2007, as Race tried to cross the U.S. border into Mexico.

Race, 32, appeared in court Monday wearing baggy pants and was calm and attentive as he entered guilty pleas to first-degree murder in the death of Brewster and to second-degree murder in Knott's death.

His parents sat two rows behind him, observing the proceedings.

Pink said an agreed statement of facts will be read into the court record on Nov. 4 and the defence will then provide information on Race's psychiatric history between 2001 and 2010 in a separate statement.

Race has been remanded to the East Coast Forensic Hospital, where he has been receiving psychiatric treatment since his return to Canada.

THE CANADIAN PRESS

2007 shooting in New York

The U.S. case

Defence lawyer Joel Pink and Crown attorney Paul Carver said Glen Race could face extradition to the U.S. 45 days after the matter is settled in Halifax to continue serving his life sentence.

However, Pink said if that happens he intends to consult with lawyers in New York to see if there are grounds for an appeal.

Race was extradited from the U.S. in October 2010 to face the charges in Nova Scotia after he was convicted of first-degree murder for the 2007 shooting death of Darcy Manor in New York. He was sentenced to life in prison with no eligibility for parole.

Pink argued the U.S. decision was "a miscarriage of justice" because Canadian psychiatrists have concluded Race was mentally ill at the time of the slayings.

THE CANADIAN PRESS

Springhill prison lockdown drags on

It could be the end of the week before a lockdown at the prison in Springhill is lifted.

The medium-security institution's 467 inmates were placed into a lockdown on

Thursday after prison officials received information of a security concern that raised a health-and-safety issue at the institution.

"We're still conducting our exceptional search of

the institution. The inmates are being fed in their cells and we have decided to cancel all visits until the end of the week," prison spokeswoman Shannon Oickle said Monday. "With an excep-

tional search it's a long process that takes a lot of time to be completed."

Oickle would not say what the security concern is at the federal prison.

AMHERST DAILY NEWS

Leaders face off for last time as campaign winds down

Election. The topic of promises, and how to keep them, highlights television forum

The final face-to-face encounter between the leaders of Nova Scotia's three main political parties covered well-worn ground Monday, ranging from their differences on whether corporate hand-outs create sustainable jobs to getting power rates under control.

But when asked if it is ever OK to break an election promise, the three leaders found themselves answering from unique positions during what was billed as a televised leaders' forum on CTV.

For NDP Premier Darrell Dexter, the question served as a reminder of his government's decision to raise the harmonized sales tax by two percentage points shortly after it was elected on a platform in 2009 that promised no tax increases.

It was a decision that had to be made, he said, after widespread public budget consultations because gov-

By the numbers

4

Monday's encounter marked the fourth time the three leaders have debated each other directly during the campaign, which is entering its final week before election day on Oct. 8.

ernment revenues needed to go up as the economy faced its worst downturn since the 1930s.

"We came in at a time when we were starting to experience the greatest recession since the Great Depression," he said.

After pre-budget consultations, Dexter said the decision was made to raise the HST to 15 per cent, which will begin rolling back to 13 per cent in two stages starting next year.

"Then (after consultations) we took a very straight-forward approach," Dexter added. "We knew we had to raise revenue."

Liberal Leader Stephen McNeil, who began the campaign as the acknowledged front-runner, said his platform is based on a balanced



From left: NDP Leader Darrell Dexter, Liberal Leader Stephen McNeil and Progressive Conservative Leader Jaime Baillie joke prior to the start of a leaders' debate at the CTV studio in Halifax on Monday. JEFF HARPER/METRO

NDP, 4 years in

Let us continue what we started, Dexter says

As he did at the start of the campaign, Premier Darrell Dexter acknowledged that the NDP hasn't achieved everything it promised when it came to power 4 1/2 years

ago as he appealed to voters to allow his government to continue what it has begun.

"I know we have not accomplished everything you hoped for, no one is more aware of that than I am," he said.

"Do we continue this progress, even if it's not everything we hoped for?"

THE CANADIAN PRESS

approach that he can achieve without breaking the promises he is making during the 31-day campaign.

McNeil said the Liberal platform, estimated to cost \$46.7 million annually over three years, would increase government spending by 0.5 per cent, a realistic goal as the province's finances don't allow the party to make lav-

ish spending promises that it knows it would not be able to keep.

"All of us know that we are in a deficit situation now," he said. "We are not on the fiscal footing that we need to be on."

The NDP government is predicting a surplus of \$18.3 million in its \$9.5-billion 2013-14 budget, but McNeil

has cast doubt on the forecast.

Progressive Conservative Leader Jamie Baillie says voters need to hear from their political leaders a plan that is achievable.

"It is our job to tell Nova Scotians where we want to go and, quite frankly, Mr. Dexter and particularly Mr. McNeil, they are making millions

of spending promises every day," he said.

The Tories have said their commitments would save Nova Scotia \$200 million annually. They estimate their new program spending would cost \$47.8 million in their first full year in office and rise to \$62.5 million by the fourth year.

THE CANADIAN PRESS

Highway 104

Truck fire halts morning traffic

A truck fire on Highway 104 in Colchester County shut down westbound traffic for almost an hour Monday morning as firefighters worked to extinguish the blaze.

The fire appeared to have started in one of the rear trailer wheels and at least two tires were nearly burned off their rims.



A firefighter tackles the blaze on Monday. TRURO DAILY NEWS

Some of the pulpwood being transported appeared charred where the flames had worked their way up the right-hand side of the load.

The fire did not reach anywhere near the cab and no injuries were reported.

TRURO DAILY NEWS

Investigators

Cyberbullying unit up and running

An investigative unit created to look into cases of cyberbullying in the province is in operation.

The province says the

unit's five investigators have started work and will begin taking calls and investigating complaints immediately.

The government says cases will be resolved using informal and legal means, or if necessary, cases could be referred to police.

Investigators can also apply for a cyberbullying prevention order, which would order a person to stop cyber communication or the technology they are using could be confiscated.

The unit was created following the passage of the Cyber-Safety Act, which allows people to sue or seek a protection order from the courts if they or their children are being cyberbullied.

THE CANADIAN PRESS

Lucasville

Tips sought in copper thefts

Police are asking for the

public's help after a string of copper thefts in Lucasville last week.

The RCMP say three Nova Scotia Power stations were the target of break-and-enters on Friday.

The thieves used wire-cutting tools to slice all the ground wires in the substation, according to Mounties.

The RCMP say it will cost thousands of dollars to repair the damages.

METRO

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Coming out. New LGBT business association to launch Wednesday

Carolyn James says she always wanted to be professionally known as a member of the Lesbian Gay Bisexual Transgender community, but there was no way for her business to "come out."

But on Wednesday, the Halifax LGBT Business Association is holding its first meeting to let the public know "who is out there," James said.

"If that's where we want to direct our dollars, it gives us an opportunity to formulate a directory and ... just make the community aware of who is doing what kind of business," said James, who is the "unofficial chair" of the association.

James, the former owner of SNC Insurance, said an idea for an organization specifically for allies and members of the LGBT community began two years ago through a breakfast business group.

"There was no place that I could say, 'Hey everybody, I'm a member of the LGBT community, and I own a business,'" James said. "I still have to earn your business, but here's to let you know I'm here."

She said there's never been

Quoted



"We're making people aware of what their options are."

Carolyn James

a focus on business in Halifax's gay community, but the dollars spent by LGBT members add up to a "significant amount."

James said the association provides networking and training, such as workshops on estate planning or finances.

"We understand maybe some of the unique challenges you might face, and there may be people within the business community that can help you," she said.

"(It's) also for people to come in and know they're going to have a welcoming environment."

The first Halifax LGBT Business Association meeting is Wednesday at Halifax City Hall from 6 to 8 p.m. **HALEY RYAN/METRO**

Maintenance. MacKay Bridge set for overnight closure this weekend

The MacKay Bridge will be closed to traffic overnight on Saturday for maintenance work.

Halifax Harbour Bridges says the closure will run from 11 p.m. on Saturday to 5:30 a.m. on Sunday.

When the bridge reopens,

there will be single-lane closures until about 10:30 a.m. As well, one toll lane will be closed on the bridge from 7 a.m. to 1 p.m.

Halifax Harbour Bridges says the work is being done when it is to have the least impact on drivers. **METRO**

Cape Breton

Man, 72, dies after garage fire

Police say a man has died after suffering serious injuries in a garage fire in Sydney Mines.

Cape Breton Regional Police say the man died Sunday and his name has not been released.

Officers were called to the blaze on Pitt Street on Saturday around 9:30 p.m.

They say firefighters pulled a 72-year-old man from the burning garage.

Police say the fire was ruled accidental.

THE CANADIAN PRESS

Margaree River

Body of missing fisherman found

Police say the body of a missing Cape Breton fisherman was located on Monday night.

The RCMP received a report of the missing 70-year-old just before 8 p.m., and a short time later, his body was found in the Margaree River near Portree. Police say the man was last seen fishing at 3:30 p.m. on Monday. Local firefighters and a ground search and rescue team joined police in the search for the 70-year-old. **METRO**



A boat sits at the coast-guard dock near the base of the MacKay Bridge after an accident on the Bedford Basin early Monday morning. **JEFF HARPER/METRO**

Boat crashes in Bedford Basin

Rescue. Five people injured as residents hear calls for help



PHILIP CROUCHER
philip.croucher@metronews.ca

Halifax Regional Police are continuing to investigate after five people were injured after a boating accident in the Bedford Basin early Monday morning.

Caution

- Police say boaters need to be careful, especially at night, as there are a lot of buoys in the water.

Police say just after midnight they received several calls of a loud accident on the basin and people yelling for help.

Police and firefighters rushed to the scene and found

the accident site several hundred meters off shore and in line with the 600 block of the Bedford Highway.

Two women and one man were still on board the boat, while two other men were in the water swimming to shore.

The men swimming made it to shore, while the Coast Guard rescued the three people on the boat.

Police believe the 31-foot fibreglass boat struck a buoy in the water. It was towed to shore and moored at the Bedford Institute of Oceanography.

"We don't know what (buoy) they hit or what they were doing, other than boating," said police spokesman Const. Pierre Bourdages.

"The harbour tends to get very dark at night," he added. "When you are boating at night, you have to be very careful to make sure you are not running into various things."

One of the female victims has been treated and released from hospital. The other four people remain in hospital with injuries described as serious, but non-life threatening.

Student charged for giving cop fake name

An 18-year-old Dalhousie University student from Calgary is facing charges of obstructing police after she allegedly gave officers a fake name three different times.

Police say the first incident happened on Sept. 1, when officers stopped the woman for riding a bicycle without a helmet on University Avenue. The next day, police say the same woman was stopped for drinking alcohol in public on Jubilee

Road.

Then, on Sept. 20, the woman was stopped again on Chestnut Street for riding a bicycle without a helmet.

In all three instances, police say she verbally provided the same wrong name to officers after being issued tickets.

The student was arrested on Saturday after police say she was found in illegal possession of alcohol.

"We do believe it was

In numbers

\$457.41

The fine for drinking alcohol in public.

to avoid the consequences of the tickets," said police spokesman Const. Pierre Bourdages, when asked why they believe the student was giving them the alleged fake

name.

He said police went public with the charges on Monday to remind people that giving out false information to police can lead to criminal offences.

"The woman lied to us," Bourdages said.

The student is facing three charges of obstructing police and will appear in court at a later date.

PHILIP CROUCHER/METRO

Thawing relations. Baird warns United Nations of Iranian 'charm' offensive

Foreign Affairs Minister John Baird warned the United Nations General Assembly on Monday to avoid being taken in by any Iranian charm offensives.

Baird evoked the memory of the failed appeasement of Nazi Germany in the year before the Second World War as he urged the gathered members in the UN chamber to tread carefully when taking Iran at its word.

He also spoke of the need to end the human-rights violations against girls and women, describing forced marriage as rape, and calling several times for the "human family" to unite to end violence against women.

On Iran, Baird was addressing an apparent thaw in the three decades of strained relations between the United States and Iran



Iranian President Hassan Rouhani
THE ASSOCIATED PRESS FILE

after President Barack Obama spoke by phone with his Iranian counterpart Hassan Rouhani last week.

It was the first conversation between the leaders of the two countries since the 1979 siege of the U.S. embassy in Tehran.

THE CANADIAN PRESS

Saudi Arabia. Doctor rejects claim that driving affects woman's ovaries

A Saudi doctor has gone on-air to dismiss claims made by a well-known cleric who caused a stir when he said medical studies show driving affects a woman's ovaries.

In comments aired over the weekend by the privately owned Rotana channel, gynecologist Mohammed Baknah says scientific studies have not proven that driving has adverse effects on women's reproductive health.

He was addressing remarks by Sheik Saleh Saad el-Leheidan who said that women who drive suffer from having the pelvis forced upward. His remarks were

Defying driving ban

- Hardline clerics have opposed a campaign scheduled for Oct. 26 calling on women to drive in defiance of a ban in the ultraconservative kingdom.
- Another cleric this month called on people to harass women who drive.

published Saturday in an interview with the website el-Sabq.

THE ASSOCIATED PRESS

Human rights

NSA leaker Snowden up for top EU prize

U.S. intelligence leaker Edward Snowden is among three finalists for the European Union's top human-rights prize. European lawmakers narrowed down the list of nominees for the award to Snowden, Pakistani schoolgirl Malala Yousafzai and imprisoned dissidents from Belarus. THE ASSOCIATED PRESS

Investigation

NYC police check into report of parachutists

New York City police are looking for two unidentified people who may have parachuted onto a Manhattan street. NYPD Commissioner Raymond Kelly said private security guards reported seeing parachutists land in front of the Goldman Sachs headquarters at about 3 a.m. Monday.

THE ASSOCIATED PRESS



The morning sun illuminates the U.S. Capitol in Washington on Monday, as the government teetered on the brink of a partial shutdown unless Congress could reach an agreement on funding. The core of the dispute is the nation's health-care overhaul. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Funding squabble fuels fears in Washington

'Obamacare' at core of dispute. Nation's stock market drops as fears spread over partial government shutdown

Republican unity showed unmistakable signs of fraying Monday as the U.S. Senate swatted aside the latest tea party-driven demand to delay the nation's health-care overhaul in exchange for averting a partial government shutdown at midnight.

Even in advance of the 54-46 party-line Senate vote, the stock market dropped as fears spread that the first shutdown in 17 years would inconvenience millions and

harm the economy.

Ironically, the issue at the core of the dispute, implementation of key parts of "Obamacare," will begin Tuesday on schedule, shutdown or no.

As lawmakers squabbled, President Barack Obama urged them instead to "act responsibly and do what's right for the American people."

At the White House, he said he was willing to discuss long-term budget issues with members of Congress, and expected to soon. But, he added, "The only way to do that is for everybody to sit down in good faith without threatening to harm women and veterans and children with a government shutdown."

Obama's Democratic allies

prevailed easily in the Senate on a vote to reject the latest House-passed bill, a measure that would delay the new health-care law for a year and repeal a tax on medical devices that helps pay for the program.

Anticipating their legislation would be rejected, House Republican leaders met in Speaker John Boehner's office to plan their next move.

Officials said that even though time was running short, they were expecting at least one more attempt to squeeze a concession from the White House, likely a demand to force a one-year delay in the requirement for individuals to purchase health coverage or face financial penalties. THE ASSOCIATED PRESS

Impact

Any shutdown would cause an uneven impact across the face of government, inconveniencing millions.

- Many low-to-moderate-income borrowers and first-time homebuyers seeking government-backed mortgages would face delays. Passport applications would be delayed.
- Some critical services such as patrolling the borders, inspecting meat and controlling air traffic would continue.

Essential workers to stay on job

In 1995, with American lawmakers having failed to agree on a budget, the government shut down. As a result, President Bill Clinton found himself surrounded by interns in the White House, as regular staff had to stay home. That's how Clinton met Monica Lewinsky.

Now, 18 years later, the U.S. government faces another shutdown. It needs a loan to keep paying its bills, but Re-

publicans will only agree to letting it borrow more money if Democrats agree to reduce Obamacare, President Obama's government-supported national health-care system.

Since neither side has backed down, federal agencies were expected to close their doors Tuesday. Employees will be furloughed — forced to stay home without pay — and only essential services will be performed.

"Essential services" is the critical word: The government doesn't actually shut down. According to calculations by USA Today, only some 40 per cent of federal workers would have to stay home. The armed forces won't be furloughed, for example: All soldiers and officers must remain on the job, though they won't be paid. In other words, the Afghanistan war won't be directly affected.

ELISABETH BRAW/METRO WORLD NEWS



Former White House intern Monica Lewinsky THE ASSOCIATED PRESS FILE

Metro editor releases new book on Road to the NHL

A must read! Philip Croucher of Metro Halifax tells 25 stories of Maritimers making it all the way up the long and winding road



DAVE LANGFORD
dave.langford@metronews.ca

The Road to the NHL takes many different twists and turns for players seeking their first glimpse of the sights and sounds of a National Hockey League arena.

None more difficult than the path taken by Fredericton's Willie O'Ree.

More than 10 years after Jackie Robinson broke the colour barrier in major league baseball, O'Ree had the same distinction in the National Hockey League.

The date was Jan. 18, 1958, and O'Ree was a Bos-

ton Bruins' farmhand called up from the Quebec Aces for his first game. The site was the old Montreal Forum and there was little fanfare.

"I didn't know what I had done until I read the papers. It was the media that gave me the name 'the Jackie Robinson of hockey.'"

The story is one of the favourites in a new book written by Metro Halifax managing editor Philip Croucher titled Road to the NHL: The incredible stories of 25 Maritimers making it to The Show.

Croucher said it was a "privilege" to talk to O'Ree more than 50 years after that ground-breaking day.

"The big thing was not just the racism he felt; he also was playing basically with one eye. A lot of people forget that," Croucher said.

"Not only was he dealing with constant racist chants while he was playing, but he was also not able to physically see like he wanted to."

Croucher said O'Ree's in-

The players profiled

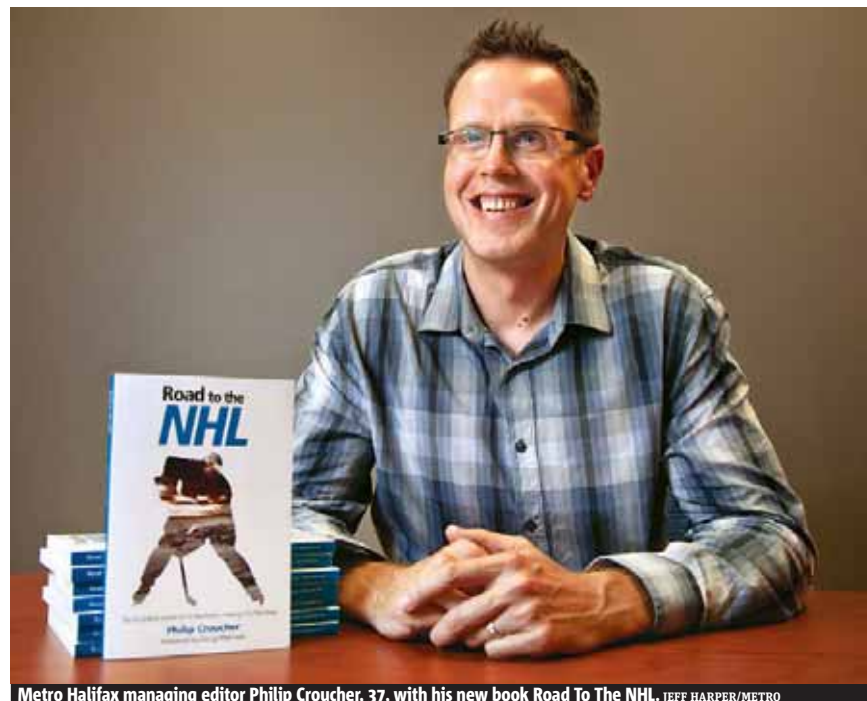
1 Nova Scotia. Eric Boulton, Sidney Crosby, Norm Ferguson, Lowell MacDonald, Al MacInnis, Paul MacLean, Brad Marchand, Mike McPhee, Glen Murray, Jody Shelley, Colin White.

2 New Brunswick. Mike Eagles, Danny Grant, Randy Jones, Rollie Melanson, Willie O'Ree, Scott Pellerin, Don Sweeney.

3 Prince Edward Island. Gerard Gallant, Forbes Kennedy, Al MacAdam, Billy MacMillan, Bobby MacMillan, Adam McQuaid, Brad Richards.

clusion in the book was an easy one, but it wasn't as simple making all the choices.

He said the book deals with the path to the NHL and not the events that happened once they got there.



Metro Halifax managing editor Philip Croucher, 37, with his new book Road To The NHL. JEFF HARPER/METRO

Mitten marketing

Now blue mitts with Go USA to be sold by USOC

The U.S. Olympic Committee is taking a page from the red-mittens craze Canada sparked at the 2010 Vancouver Games.

The USOC will start selling its own blue mittens — with the words

Go USA embroidered on the palms — on Oct. 29.

They'll go for \$14 a pair on the USOC website.

Proceeds from the sales will help U.S. athletes on their way to Sochi, Russia.

The USOC hopes the mittens will be as big a hit for the U.S. team as they were for Canada.

THE ASSOCIATED PRESS



First in Canada

Blood bank for umbilical cords opens in Ottawa

Canada's first national public blood bank for umbilical cord blood is set to begin to take donations at an Ottawa hospital.

Canadian Blood Services says the National Public Cord Blood Bank will let

the public donate instead of discard umbilical cords, which are a rich source of desperately needed stem cells.

It says some 1,000 Canadians are currently waiting for life-saving stem cell transplants to treat diseases such as leukemia, lymphoma or aplastic anemia.

Canadian Blood Services

says Canada is the only G8 nation that doesn't have a national public cord blood bank. It says once the bank is fully up and running pregnant women 18 years or older will be able to donate at collection hospitals in Ottawa, Brampton, Edmonton and Vancouver. Similar private banks already operate.

THE CANADIAN PRESS

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Raptors will get new look, new colours by 2016

The 2016 NBA all-star game is coming to Toronto and the Raptors are looking to one of the music industry's biggest stars to help revamp the franchise in time for the festivities.

The club has named Drake its new "global ambassador" and the Toronto rap star will have a voice in the team's rebranding.

Tim Leiweke, president and CEO of Maple Leaf Sports and Entertainment, says he and his team are

in the process of planning a major facelift that will include a new look and new colours, but not a new name. Leiweke says Drake will be heavily involved in the rebranding effort, which is expected to take the next two seasons.

"I'm really out here with the people; I'm in touch with what they want to see," Drake said at a news conference Monday confirming Toronto as the 2016 host.

"I really just want excitement for this team. I want us to be one of the biggest teams in the league."

Drake says he wants to do "everything in my power to increase the brand and just grow the franchise."

Leiweke called the all-star announcement the beginning of a "new age" for the Raptors. But the team has a long way to go on the court not having made the playoffs since 2008.

THE CANADIAN PRESS

Renewable energy

Ikea to sell solar panels in U.K.

Ikea will sell residential solar panels at its stores in Britain, the first step in its plan to bring renewable energy to the mainstream market worldwide. A standard, all-black 3.36-kilowatt system for a semi-detached home will cost about \$9,500 and will include an in-store design service as well as installation, maintenance and an energy monitoring service. **THE ASSOCIATED PRESS**

Market Minute



DOLLAR
97.06¢ (unchanged)



TSX
12,787.19 (-56.89)



OIL
\$102.33 US (-54¢)



GOLD
\$1,327 US (-\$12.20)

Natural gas: \$3.56 US (-3¢)
Dow Jones: 15,129.67 (-128.57)

Inflight services offer a taste of the good life — but there's a fee for that

Airlines. Want to rent an iPad preloaded with movies? Want an empty seat next to you? Get ready to open your wallet

Airlines in the U.S. are introducing a new bevy of fees, but this time passengers might actually like them.

Unlike the first generation of charges, which dinged flyers for once-free services like checking a bag, these new fees promise a taste of the good life, or at least a more civil flight.

Extra legroom, early boarding and access to quiet lounges were just the beginning. Airlines are now renting Apple iPads preloaded with movies, selling hot first-class meals in coach and letting passengers pay to have an empty seat next to them. Once on the ground, they can skip baggage claim, having their luggage delivered directly to their home or office.

In the near future, airlines

You can't raise fares, so you've got to add fees ...

- When airlines try to raise fares, they are met with resistance. Customers either change travel plans, use another carrier or don't travel at all, says Jim Corridore, an airline analyst with Standard & Poor's Capital IQ.
- In the past three years, airlines have tried to hike fares 48 times, according to FareCompare.com. During

29 of those attempts, bookings fell enough that airlines abandoned the increase.

- Most fares today don't cover the cost of flying. While the average domestic round-trip base fare has climbed three per cent over the past decade to \$361.95 US, when adjusted for inflation, the price of jet fuel has nearly tripled.

plan to go one step further, using massive amounts of personal data to customize new offers for each flyer. "We've moved from takeaways to enhancements," says John F. Thomas of L.E.K. Consulting. "It's all about personalizing the travel experience."

Carriers have struggled to raise airfares enough to cover costs. Fees bring in more than \$15 billion US a year and are the reason the airlines are profit-

able. But the amount of money coming in from older charges like baggage and reservation change fees has plateaued. So the airlines are selling new extras and copying marketing methods honed by retailers.

Technological upgrades allow airlines to sell products directly to passengers at booking, in emails as trips approach, at check-in and on mobile phones minutes before boarding.

Delta Air Lines recently gave



Passengers check in their luggage at the Delta counter at Hartsfield-Jackson Atlanta International Airport on Friday. Delta customers have a new option to purchase an upgrade that includes a second bag to check, among other perks. **JOHN AMIS/THE ASSOCIATED PRESS**

its flight attendants wireless devices, allowing them to sell passengers last-second upgrades to seats with more legroom. And just like Amazon.com offers suggested readings based on each buyer's past purchases, airlines soon will be able to use past behaviour to target flyers. "We have massive amounts of data," says Delta CEO Richard Anderson. "We know who you are. We know what your history has been on the airline. We can customize our offerings." **THE ASSOCIATED PRESS**

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Grace MacIntyre, MBA student



SPOILER ALERT: I'M A NETFLIX CHEATER

I'm in a loving and happy relationship but I have to admit that lately I have had a problem with cheating. I do it late at night, usually during the week and so far I've never been caught.

Before you get the wrong idea, I should point out that my specific brand of infidelity involves a television remote and an insatiable appetite for 50-minute dramas. I'm of course talking about Netflix cheating.

Like any good North American couple burdened with a mortgage that restricts discretionary spending, television is a popular pastime in our household. Over the years we've developed a roster of programs that are "ours" and we have vowed to always enjoy these shows together ... well, in theory.

The problem is that Netflix has changed the way people watch television; with multi-season streaming available at our fingertips, viewers no longer have to wait a week between episodes or suffer through summers full of reruns. Online on-demand services make it possible for us to watch hundreds of



SHE SAYS
Jessica Napier

metronews.ca

thousands of hours of programming virtually whenever and wherever we want.

And when every episode ends on a cliff-hanger and the next show begins to play automatically, it's hard for greedy consumers to switch off. If I was crafty enough to figure out how to access the far superior American version of Netflix I might never leave the house.

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night. And, as much as I hate to admit it, I've gotten pretty good at deceiving him. I can fake a convincing surprised expression when major plot twists are revealed and I've learned how to reset the account in order to erase the evidence of my digital betrayal.

Sure I may be weak and disloyal but at least I'm not alone in my shame. Earlier this year, Netflix conducted a survey among its American customers as part of a promotional campaign. Their poll revealed that over 50 per cent of couples have considered

What we watch when our partner is not watching

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night.

cheating on their significant other by streaming a television program that they'd promised to watch together. Now I'm well aware that, on the list of privileged-people problems, fighting over your viewing habits is right up there with Starbucks running out of pumpkin-spice syrup. Still, that doesn't mean I feel any less guilty about my indiscretions.

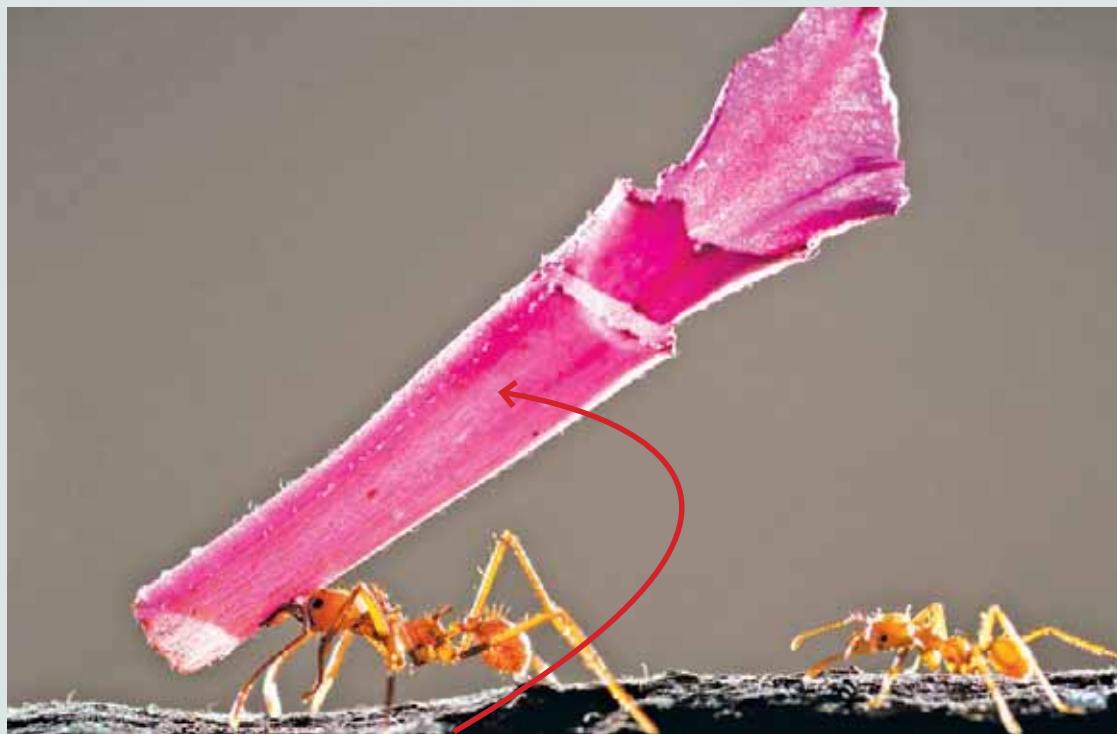
So consider this column a public admission of my infidelity and a pledge to make a change. From now on I promise to try and remain faithful to the sacred union between a couple and their big screen ... right after I finish watching episode four of House of Cards.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

That other ant is going to look pretty lame when it comes back with nothing



COURTESY BENCE MÁTÉ/ZSL

Herculean ant pic wins top award

A tiny leafcutter ant demonstrating its immense strength is among the winning images from this year's Zoological Society of

London's (ZSL) Animal Photography competition. Bence Máté, from Szeged, Hungary, shot this vibrant picture at the Laguna de Lagarto rainforest lodge, near Boca Tapada in northern Costa Rica. **METRO**

Two of the all-time best ant facts

50

times their own body weight is what an ant is capable of carrying.

30,000

eggs is how many each queen leafcutter ant lays each day.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

For the Breaking Bad PVR set, turning on your computer (or leaving your house) can be terrifying. While we can't help what your local barista discloses, we can tell you how to create your own world wide web free of unwanted spoilers, pop stars and advertisements.



PHOTO ILLUSTRATION/METRO

Spoiler Shield

This free iPhone app let's you cruise Facebook, Twitter spoiler-free the day after missing your favourite TV series, sports game, reality show.

No Cyrus:

Though the Miley Cyrus stir is slowly starting to stop, for those who have absolutely reached their limits with the

Disney wreck, there's an app. The No Cyrus Chrome plug-in filters out all mentions of the teen formerly known as Hannah Montana.

Adblock Plus

Among the most popular of the adblock programs, Adblock Plus not only blocks ads, but also can be used to block tracking and malware. Best of all, it's free.

Twitter

@metropicks asked: The Toronto Raptors to get a rebrand as international hip-hop superstar Drake takes over as the struggling basketball team's global ambassador. How can Drake make the team cool again?

Well they're basically starting from the bottom, so...

@DizzleDaKing

Hopefully Drizzy looks good in purple.
@rebverb

Get them to win.
@ruggles79

Follow @metropicks to answer our poll question. Best answers published right here.



WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Don't dissolve a body in a bathtub, and other lessons

Breaking Bad. With the exciting finale of the dark, ultra-popular show behind us, we list the top 10 things to be learned from Walt's world

Sunday's *Breaking Bad* turned out the lights on one of the darkest shows in television history.

Even as this drama cooked up storylines that celebrated evil and depravity, *Breaking Bad* gleamed with a bright side, too. There were plenty of positive messages for the viewer who acknowledged them during the series' five-season run.

Here are 10 lessons *Breaking Bad* leaves behind:

1) Stay in school and study hard! As Walter White demonstrated after he ditched teaching for producing crystal meth, you can make millions from a subject like chemistry that far too many youngsters (including Mr. White's bored students) find annoying and useless.

Walt (a.k.a drug lord Heisenberg) proved otherwise with his storage shed of money.

2) Chemistry has everyday applications.

The next time you dispose of a corpse with hydrofluoric acid, all you devoted *Breaking Bad* viewers will know not to dissolve the body in a bathtub, but instead in a plastic container. You learned this valuable



Meth cook/science maestro Walter White laundering money in the pilot episode of *Breaking Bad*. AP PHOTO/AMC

tip in season one, when Walt's lab assistant Jesse Pinkman disregarded his instructions and regretted it. The acid memorably dissolved through the bathtub and floor at Jesse's house, leaving a bloody mess in the hallway downstairs. You won't make that mistake.

3) Family is oh, so important.

Breaking Bad reminds you that entering the drug trade and messing with the wrong people in it can lead to your wife and teenage son despising you. It can also lead to your brother-in-law getting brutally murdered. You would hate that if it happened.

4) Build a better mousetrap. Steve Jobs knew it. Jeff Bezos

knows it. Walter White serves as a mythical champion of their kind of acumen: Offer a better product with an obvious advantage, and the world (or, anyway, addicts who loved Walt's super-potent "blue sky" crystal meth) will beat a path to your door.

5) Need a lift? Try a personal makeover.

If you're stuck in a rut, like Walter White at the start of *Breaking Bad*, consider a new look. Shave your head, grow a tidy, I-mean-business beard and fit yourself with a black pork pie hat. Then come up with a new name. Like Heisenberg. In your new identity, people will fear you

and you're sure to go far.

6) Keep your personal vehicles, especially your RV, in good running order.

A regular checkup to keep Walt's rolling meth lab in tip-top shape would have spared him and Jesse inconvenience, not to mention mortal danger.

7) Keep a shrewd lawyer on call, especially if you mean to routinely break the law.

Sure, he may be a sleaze-bag and a shameless self-promoter. But a lawyer like Saul Goodman ("Better call Saul!") is worth his weight in hundred-dollar bills to a client like Walter White, whom he represented faithfully, if more

than often sarcastically. With his mastery of trade practices — legal and illegal — Saul was the most impressive TV lawyer since Perry Mason.

8) Like it or hate it, Obamacare in the U.S. might cut down on illegal drug trade (at least on TV).

If financially strapped schoolteacher Walt White had had better health care when he got his cancer diagnosis, maybe he wouldn't have begun cooking meth to help cover his expenses. Meanwhile, his long-term problem — leaving his family provided for after his death — might have been a non-issue had teachers in his district been better paid. On the other hand, if Walt had found himself in less of a jam, there would have been no *Breaking Bad*.

9) Finish what you start.

It's never good to leave hanging important tasks. Walt is a shining example of a guy determined to tie up loose ends. That was part of why the *Breaking Bad* finale was so good.

10) Follow your bliss (and be willing to forge a different path getting there).

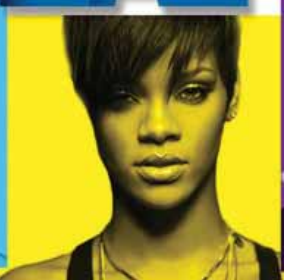
Walter White discovered this lesson. Vince Gilligan demonstrated its wisdom in real life by creating *Breaking Bad*, a radically different series. So did AMC execs by airing what turned out to be perhaps the best drama of all time. How many other networks are willing to learn?

THE ASSOCIATED PRESS

2 SCENE

The 9+5

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The Head is back and Korn can still put out a record

New album. Band isn't worried about album sales

JOHN
PLICHTER
Metro

Jonathan Davis isn't too concerned about creating a commercially successful album these days.

"We don't get worked up over that anymore since we've already established ourselves," says the Korn singer.

"If you want to buy our record, buy it. If not, that's cool. We're not worried about labels anymore because we always know we can put a record out. Back in the day we definitely felt that pressure. But not anymore."

Their new album is *The Paradigm Shift*, and the band has recently gone through a paradigm shift of its own with the return of founding member Brian "Head" Welch, whose deep detuned guitars first helped put Korn in the enviable position of not worrying about who buys their albums.

How did the return of Brian "Head" Welch come about?

He showed up at a show we were playing at Carolina Rebellion, and we asked him to come onstage and play a song



Jonathan Davis is enjoying the spot Korn has earned on the music scene.

GETTY IMAGES

with us. When he did, the crowd was so emotional. People were crying and so much s— was going on that I think he realized it was time to come back. ... It's like he never left. It's been really great.

You worked with producer Don Gilmore on this album, who has been known for working with a lot of poppier acts like Avril Lavigne and Sugar Ray, to name a few. How was it to work with him?

We really, really liked working with Don. It was a lot of fun.

At first he was a little hard to read, but we broke him down through the process. That's when he started acting like a kid and having fun with us.

Being a band for 20 years now, how has your audience evolved over the years?

I think our audience has grown with us. But then also, we have a lot of new fans too. We see a lot of kids in the crowd as well as older people, so it's really cool. Our music has transferred over a couple decades and touched different people.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Girls just wanna have fun

MELINDA TAUB

Metro World News in New York

If I were a religious person, this might be my holy trinity of lady comedy: Lena Dunham, indie darling; Mindy Kaling, taking the broadcast mainstream by storm; and Tina Fey, overlord comedy queen supreme. On Saturday night, all three of them came together.

Well, sort of. Lena and Mindy came together in L.A. to watch the Saturday Night Live premiere, and Tina Fey came together with herself to make fun of Lena.

The 30 Rock star appeared in a spoof of Dunham's HBO show Girls, playing Blerta, a new Albanian roommate horrified by how spoiled these rich American girls are. It's pretty funny (and possibly also a nod to former SNL writer Simon Rich, whose novella in the New Yorker had a similar premise). Luckily, Dunham wasn't offended: Mindy Project star Kaling posted a pic on



Instagram of her enjoying the sketch. "Original Girl enjoying Blerta on #snl's Girls at my house," she wrote.

"The SNL parody of Girls was a true honour," Lena later tweeted. "Very excited about the current lineup of SNL ladies. They are funny like whoa." Agreed. Especially new girl Noel Wells, who does a spot-on Lena impression.

Miley's like the Pixies, but with more tongue

While everyone else is obsessing over her awards show antics and the breakup of her engagement, Miley Cyrus is worried about her legacy. "There are albums that people still are listening to, like Michael Jackson's Bad, because it's so f—ing dope. I want people to listen to my album like that," she tells Rolling Stone. "From the time I was 16 until I was 18, the Pixies is all I listened to. And I'm going to be that artist to so many people, so I want to make sure my record is the best it can be. I'm trying to set a new standard for pop music."



Miley Cyrus



Katy Perry. ALL PHOTOS: GETTY IMAGES

Want to know Katy Perry's inner thoughts?

Katy Perry went through some pretty dark times following her split from ex-husband Russell Brand, writing one of her new songs, By the Grace of God, about the time she found herself on the bathroom floor considering suicide, she tells Billboard magazine. "That song is evident of how tough it really was at a certain point," she says. "All the songs are real-life moments. I put all the evidence in the music. I tell my fans if they want to know the real truth about stuff, just listen to the songs."

Kirstie Alley tweets her support for Scientology

The Church of Scientology has at least one defender during the current wave of criticism it's receiving. Kirstie Alley took to Twitter to sound off after ex-Scientologist Leah Remini spoke out against the Church on Dancing with the Stars, writing, "This is one of those days when I might just retaliate with the truth. Mean people keep us

fuelled."

But she might not be coming to anyone's aid online for very long: "Won't be tweeting much in the near future," Alley posted.

"Going to strand myself on an island and turn myself into a goddess. ... Shut up!"

We'll see how long that lasts.



Twitter



@RedHourBen

I can't believe it's gone.



@WhitneyCummings

Watching the Breaking Bad finale without having seen any of the series. I have some questions



@TheRealRoseanne

May it please ascended masters to aid me 2 reverse the decree against the ppl

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Elisha Dacey

**Half Off:
Eating your
stress**

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off/).

With an unexpected gallbladder surgery a few weeks ago and moving to a new house last week, Dacey has been seriously stressed.

"There was no food in the house, and everything was packed along with my exercise equipment and scale — I couldn't even weigh myself," she said.

But Dacey's determined to not gain weight.

What did the experts advise?

Albert offered tips on how to make healthy fast food choices.

"When we went to Papa Murphys Take 'N' Bake Pizza, our favourite pizza place, we ordered the thin-crust pizza," says Dacey.

Cieciwa also asked Elisha to try to fit in a few fitness walks between unpacking — and to shine up her weights when she unpacked them and get ready to start the program again.

YVLA VAN BUUREN/FOR METRO



Oatmeal: The return of eight power combos

Food choices. The hot breakfast is back — we'll soon be hitting low temperatures, so it's OK for us to live off oats. We share our top combinations

ROMINA
MCGUINNESS
wellness@metronews.ca

Skipping breakfast isn't going to make you skinny.

Dietician Patricia Bannan, author of *Eat Right When Time is Tight*, tells Metro that it is essential.

"You've been fasting for at least eight hours, so you need

to eat within two hours in order to boost your metabolism, stabilize blood sugar levels, and improve your mood," she explains.

"A good rule of thumb is that a breakfast should be at least 200 calories and contain some protein and fibre for sustained energy."

So, because we love oatmeal and we hope we've

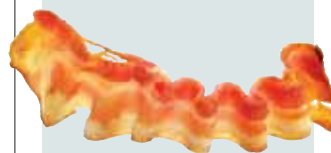
convinced you to eat up in the morning, we've teamed up with Bannan and came up with eight awesome recipes that will make you want to enjoy it.

Just not too much of it — hence the portion sizes. You can make your oatmeal with either water or milk (rice, almond, cow) or half milk and half water.



200 grams cooked oatmeal
1 tbsp almond butter
1/4 sliced banana
1 tbsp chocolate chips

200 grams cooked oatmeal
1 tbsp maple syrup
1 strip chopped bacon
cinnamon to taste



200 grams cooked oatmeal
1/5 chopped avocado
2 tsp olive oil
1 fried egg
30 grams smoked salmon

200 grams cooked oatmeal
1 tbsp cardamom
1/2 cup berry compote
1/4 cup dried chopped cherries
1 tbsp walnuts



200 grams cooked oatmeal
1/2 chopped apple
2 tbsp toasted almonds
cinnamon & brown sugar to taste



200 grams cooked oatmeal
2 tbsp chopped pistachios
2 tbsp chopped figs
brown sugar to taste

200 grams cooked oatmeal
1/4 cup vanilla yogurt
1/2 chopped peach
2 tbsp chopped glazed pecans
cinnamon to taste



200 grams cooked oatmeal
1 tbsp miso paste
1 tbsp butter
2 tbsp toasted walnuts
1 shaved radish

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- 5 Lorde Royals
- 4 Miley Cyrus Wrecking Ball
- 3 Drake Hold On, We're Going Home
- 2 Avicii Wake Me Up
- 1 Katy Perry Roar

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Greasy Grilled Cheese no more



ROSE REISMAN
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I love grilled cheese sandwiches but they are always laden with fat from the butter spread all over the bread, not to mention the high-fat cheeses used.

I have filled this sandwich with veggies, chicken and Monterey cheese.

Instead of butter, the out-

Ingredients

- 1 small red bell pepper, top and seeds removed and cut into 4 wedges
 - 3 oz boneless skinless chicken breast
 - 6 slices of bread
 - 3/4 cup grated Monterey Jack or aged cheddar cheese (2 1/4 oz/65 g)
 - 1/3 cup sliced avocado
 - 3 tbsp chopped cilantro
- Sauce**
- 3 tbsp light mayonnaise
 - 1 1/2 tsp chopped chipotle pepper or jalapenos



This recipe serves three. ROSE REISMAN

side of the bread is just sprayed with vegetable oil.

1. Sandwich: Preheat oven to 425 F (220 C). Line small baking sheet with foil sprayed with vegetable oil. Roast bell pepper until charred (about 20 minutes). Cool, then remove the skin and slice thin.

2. Meanwhile, either grill or sauté the chicken breast just until it is just no longer pink or the temperature reaches 165 F (74 C). Cool, then slice.

3. Sauce: Combine mayo and chipotle. Spread over bread.

4. Over 3 slices of bread, divide

chicken, cheese, pepper, avocado and cilantro. Place other bread slices overtop.

5. Spray oil over outside of the sandwiches and grill in grill pan on medium heat for at least 5 minutes, turning halfway just until browned and the cheese begins to melt.

Health Solutions

Chickpeas are here to stay



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Chickpeas are the new chia — the health food of the future — and with good reason. They are easily grown, full of protein and as versatile as they are delicious.

Tossed into pasta or salad right from the can or sautéed in any seasoning from Indian curry to Lebanese lemon and mint, chickpeas add fibre, minerals, protein and crunch to any meal.

Hummus is a key food in today's cart and, according to Susan Niczowski, founder of Canada's own Summer Fresh Salads, it can be used in countless more ways than simply as a dip. Think about using a variety

of flavours of hummus to:

- Spread onto chicken or fish before baking.
- Thin with vinegar and lemon juice to make a salad dressing.
- Spread into a sandwich in place of high fat, no fibre, no protein mayo.
- Stir into an omelette for a flavour flair.
- Mix with grated cheese and marinated artichokes and warm as a bread spread.

The diet leader, no matter which study you read, is the Mediterranean diet and it indicates more beans, less meat and much more fibre. Here is your single-handed helper.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Wingmen for hire: Find love through fake friends

New-age dating solution. These shameless, selfless 'lovepreneurs' can help shy, undiscovered catches out there meet new people and form relationships

KIERON MONKS
Metro World News

You're hot, funny and successful, but no one knows because you don't know how to meet people. Enter the wingmen: romantic fixers who play the role of best friend to get you started with the perfect partner.

"It's three things that make a wingman," says Thomas Edwards, 28, founder of U.S. firm The Professional Wingman.

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing." For \$125 an hour, Edwards and his



Thomas Edwards, founder of The Professional Wingman, with a client. CONTRIBUTED

team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve their game.

"Whether clients are aged 21 or 63, there are be-

haviour patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after." The "lovepreneur" started the business

to get over his own heartache and has developed a stellar reputation, with many clients now married; Barack Obama is among his Twitter followers.

Edwards' business model has inspired similar com-

panies across the world, including services for women and gay people. While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him.

The wingman's creed

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

Thomas Edwards, the founder of U.S. firm The Professional Wingman
On what the job of a pro wingman entails

"It creates a need for skills like mine. If you don't talk to real people your personal skills start to atrophy."

The Positive Psychology Institute is convinced, reporting that wingmen "help to alleviate nerves or pressure ... and give perspective on the date."

User reviews are also positive, with feedback thanking Edwards for "brilliant solutions" and "awesome advice."

It seems the wingmen will be flying high for a time yet — so don't be alarmed if one flies over during a romantic dinner.

Be aware. A proper self-examination is the key to early detection



Dr. Marisa Weiss strongly recommends performing breast self-exams once a month several days after your period. ISTOCK

LAURA GOLDMAN

Metro World News in New York

Dr. Marisa Weiss calls herself a dual citizen in the world of breast cancer. Weiss, a practising breast-cancer oncologist at Lankenau Medical Center near Philadelphia, is founder and president of BreastCancer.org, the world's most utilized online medical resource for breast health. Since 2010, she is also a breast-cancer survivor.

Weiss — who wrote the book *Taking Care of Your "Girls": A Breast Health Guide for Girls, Teens, and In-Betweens* — strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

"Early detection gives you the best shot of treating the cancer," Weiss says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

Weiss suggests beginning the breast self-exam by inspecting your breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger

Skip that second drink

Along with self-exams, Weiss suggests lowering your risk of alcohol consumption to reduce your risk of breast cancer.

- "It's best to reduce consumption to five or fewer drinks per week, says Weiss. "The risk of breast cancer increases with the amount of alcohol consumed."

Why the rise?

Weiss partially attributes the recent rise in breast cancer to women having children later.

- "Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," explains Weiss. Until they are fully formed, breasts are more susceptible to the hormones they come in contact with.

than the other," says Weiss.

Then, you should examine your breast either by moving the fingers up and down, travelling from the left to the right as if mowing a lawn. Or, start at the nipple and move your fingers outward in a spiral. Examine areas close to your breasts too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighbourhood of the breast should feel differently," says Weiss. "The upper-right area, near the armpit, tends to have the most prominent lumps and bumps. The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

The goal of a regular exam is to familiarize yourself with how the various neighbourhoods of your breast normally feel and look.

"Does something stand out as different from the rest (like a rock on a sandy beach)? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Weiss.

An uphill climb: Battling cancer one foot at a time

Another mountain to climb. For three breast-cancer survivors, a trek to Machu Picchu not only raised \$65K, but proved they could find their inner strength

VAWN HIMMELSBACH
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Trekking the Andes in Peru to the fabled Machu Picchu isn't for the faint of heart. Steep climbs of up to 15,000 feet and camping in the cold would put anyone to the test.

But there's a reason why it's one of the most popular treks in the world: Winding your way through lush cloud forest past dramatic snow-capped peaks to reach the Lost City of the Incas is, for many, the experience of a lifetime. It's more than a trek — it's a pilgrimage.

And for three women who survived breast cancer, it was a pilgrimage more personal than most. Last May, they joined a group of Canadians who trekked through the Lares Valley to Machu Picchu as part of a fundraising challenge organized by Charity Challenge and supported by the Canadian Breast Cancer Foundation (CBCF).

The expedition raised more than \$65,000 for breast-cancer research, but it also pushed these women to once again find their inner

strength when faced with another mountain to climb.

Robin Ferguson

62-year-old Robin Ferguson was diagnosed with breast cancer in March 2005. At the time, she was training for her third marathon.

"I didn't want to go through radiation," she said. "I looked at it like a wart — just get it off."

During this time, she kept hearing a song on the radio by country crooner Terri Clark, called *I Wanna Do It All*. "I'd be out running and that song would come on," she said. "And I wanted to do it all. I wasn't willing to give up — that was never an option."

Ferguson decided to have a mastectomy. In May of that same year, she walked a half-marathon. By January 2006, she was running marathons again.

With two daughters and four sisters (one of whom has also survived breast cancer), Ferguson makes a point to perform fundraising each year, including *Run for the Cure*. But seeing Machu Picchu had always been on her bucket list, so when the opportunity arose to participate in Charity Challenge, she jumped at the chance.

One of her sisters joined her on the trek and provided support during the tough parts. And the toughest part was climbing the stairs at the hotel the day she arrived in Cusco, Peru — when she was hit by the effects of the altitude and questioned her ability to do the trek.

"You think, 'I can't breathe; can I make the mountain if I can't manage the stairs?' I never expected that," Ferguson said.

Despite the challenges, she had several aha moments along the way — such as re-discovering her inner strength. "It ended up being more spiritual than I expected it to be," she said. "Our guide was a spiritual soul who believed in the power of nature and the mountains."

For Ferguson, nothing

Upcoming fundraisers

- CBCF is recruiting for a Cuban biking challenge in February 2014 and a trekking challenge in late 2014 — possibly the Great Wall of China or Mount Kilimanjaro in Tanzania (cbcfc.org).
- Rethink Breast Cancer (a movement for young women affected by breast cancer) is organizing a trekking challenge to Machu Picchu from Sept. 5 to 13, 2014 (rethinkbreastcancer.com).



Challenge yourself!

Get off the couch and on to a challenge! Charity Challenge is offering Metro readers a \$75 discount off the cost of a trip if they use "METRO" as a promotional code when booking. This offer is valid through the month of October.

ing was comparable to the feeling of accomplishment after ascending 15,000 feet, reaching the Sun Gates and looking out at Machu Picchu — something, she says, most people only dream about.

Mary Ann Empson

For Mary Ann Empson, 60, the Alores Valley was a spiritual place — which she wasn't expecting. "I don't normally say that about things," she said. "It was actually quite overwhelming when we reached the Sun Gates. It's such a beautiful spot."

Empson was diagnosed with breast cancer in 1996. She then went through the



whole gamut — radiation, chemo and surgery — over the course of a year.

"It gives you a bit of a reality check," she said.

While she wasn't overweight, Empson was a self-described couch potato. "I started running and really turned my life around," she said.

Empson, now retired from the University of Alberta's faculty of law, participated in another fundraiser, which involved climbing Mount Kilimanjaro in Tanzania — but Machu Picchu was always on her bucket list.

"Sometimes something presents itself and you realize this was meant to be," she said. "I love doing these kinds of challenges; something out of the ordinary, where you push yourself."

Despite that, she wasn't exactly comfortable getting out of her comfort zone. "It was tough, climbing in and out of that little tent at the end of a long day, no long showers ... not having your Starbucks coffee; things we take for granted that all of a sudden are gone."

The peace and serenity of her surroundings, interacting with the locals she met along the way and the support of the group — people from across Canada who all shared a common link with breast cancer — got her through those tough parts.

The local children, in particular, captivated her. "The children are so genu-



Ain't no mountain high enough: Three breast-cancer survivors joined a group of Canadians who trekked to Machu Picchu as part of a fundraising challenge. The expedition raised more than \$65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength. CONTRIBUTED

ine; there's a real innocence," she said. Doing this trek — and other challenges

over the years — has taught Empson perseverance.

"I know that I have more

willpower and tenacity that I maybe originally thought," she said. "(You have to) dig

deep, get down in there and give it all you've got."

Reach for the sky

Conquering my fears to fight cancer

I think it's the fear of losing control.

Snakes are fine. So is public speaking. But heights? They terrify me.

So you can imagine how I felt when our company president "volun-told" me for a breast cancer fundraiser that involved walking around the outside of the CN Tower.

I'm OK in elevators and balconies — the fact that it's enclosed makes me feel safe. But I get tense when escalators have open sides and make a point of staying away from high ledges.

But cancer scares me more. I have seen people who lead healthy lifestyles get it. In August, we lost a Metro co-worker to cancer at age 36.

I'm told I'm a good fundraiser and I believe fighting our fears leads to personal growth. So I agreed to reach for the sky — literally.

So up the CN Tower I went last month, making sure not to step on the glass tiles in the elevator.



Fernando Carneiro on the edge 365 metres above the city. CONTRIBUTED

Up top, our group of fundraisers stood in a small room with glass doors while our safety harnesses were connected to a guide rail. The employees all joked that "it was their first day on the job."

Then, the doors opened. The wind gusted in and the temperature dropped. I tensed up. My hands became clammy and I tightened my grip on the harness.

When asked to step out on the ledge, I looked at the floor. That made it worse. The EdgeWalk floor is a grate; you can see the ground below. I stared at the CN Tower wall instead. My fellow fundraisers were

invited to "hang their toes over Toronto." I passed. Just being there felt like personal progress.

Over the course of the walk, I became bold enough to let go of the harness and enjoy the view. That was my personal limit that morning.

Back inside, as I was unharnessed, I felt my entire body hurt from being tense — it was as though I had been tenderized with a meat mallet. Yet, I started to feel a little daring. I immediately wanted to do it again.

Yes, it was mentally tough, but I plan to return. And this time I'll hang my toes over Toronto because I feel stronger now than I did before I faced my fear of heights.

And thank you to my colleagues at Metro, who helped me raise more than \$1,600 for the EdgeWalk Challenge for the Canadian Breast Cancer Foundation CIBC Run for the Cure.

I suspect they did such a great job fundraising so they wouldn't have to do the EdgeWalk themselves.

FERNANDO CARNEIRO/METRO

FOR A VIDEO OF FERNANDO'S SKY-HIGH ADVENTURE, VISIT METRONEWS.CA



Raziya Sachedina

Doing the trek brought up a big fear for 68-year-old Raziya Sachedina — would she be able to finish it? As part of another fundraiser, she had attempted to climb Mount Kilimanjaro, but made it only two-thirds of the way before altitude sickness got the best of her. So she had something to prove to herself by going on this challenge.

"It was sitting in the back of my mind ... and that was what took me onto the hike," she said.

Sachedina was diagnosed with breast cancer in 1993. "When I look back now, I think of it as an opportunity to really change my life," she said.

Her treatment involved a bilateral mastectomy, chemotherapy and reconstructive surgery. The same year she finished chemo, her husband passed away. Those experiences led her on a "therapeutic adventure," which involved becoming more physically active and to "not keep wallowing over stuff that I have no control over."

That path involved fundraising for breast cancer research, including Run for the Cure. "I feel very fortun-

ate to be alive," said Sachedina. "All of these activities with CBCF have helped me move on."

While she was determined to do the trek, the challenge for her was "the amazing number of steps you have to climb," she said. "On a practice hike before we started the actual trek, I fell. I sprained my ankle; I took the fall on my knee. But that wasn't going to hold me back."

Getting to the Sun Gates involved climbing 2,800 almost-vertical steps. "I had to do that on all fours and it was raining and it was slippery," said Sachedina.

It was the group that kept her going. "They cheered me on, they supported me in every way they could,"

And, for her, carrying on despite a sprained ankle was worth it. "It was unbelievable — the beauty of the place, the serenity that you experience when you get to the Sun Gates," she said.

Sachedina proved something to herself by finishing the trek — she found a sense of strength that she describes as unbelievable. "I feel I can do anything now."

OCTOBER IS BREAST CANCER AWARENESS MONTH

FACT OR MYTH:

Men can't get breast cancer.

FACT.

Men have breast tissue and can develop breast cancer.

An estimated 200 Canadian men will be diagnosed this year.

The Canadian Breast Cancer Foundation (CBCF) - Atlantic Region offers a **FREE** educational program called Breast Health 101. In under an hour you will learn all you need to know about breast health and mammograms. Breast Health 101 is delivered by community partnerships, and is proudly sponsored by CIBC.

To learn more or to book a free session, visit **breasthealth101.ca** or call **1-866-273-2223**.

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Canadian Cancer Society
Société canadienne du cancer

How to talk openly, honestly with your kids about cancer



When it comes to talking to kids about cancer, parents need to allow for questions and open communication. iStock

ANISA ARSENAULT

Metro World News in New York

Be clear

"You talk to them about how you've made a choice, you're going to get treatment and you have a plan. You explain to them what it is and what it is not."

Dr. Lynn Bornfriend, child psychologist, on how to talk to preschoolers about cancer

As a child psychiatrist, Dr. Lynn Bornfriend had been discussing different issues with kids for years. But her last two years at the Cancer Treatment Centers of America (CTCA) in Philadelphia brought a new struggle to light: the difficulty parents with cancer face in discussing their diagnosis with their children.

"It seemed that the parents (with cancer) had an extra burden: How do I protect my child? How do I plan for my child?" Bornfriend tells Metro. "And very quickly we became aware that this is something we have to spend more time on and come up with more resources for."

According to Bornfriend, the first hurdle is changing the outlook of parents who believe a discussion will only frighten their child. "Children are very perceptive, and they know when something is wrong, even if you're not speaking about it," she says. "So if you don't tell them what is going on, they're likely to think that it's worse than it really is, or that they're the cause of the problem."

Bornfriend's recommended course of action is honesty. "Your degree of honesty is tailored to what their developmental stage is, and their cognitive abilities," she says. Essentially, the transparency of your discussion will vary with the age of your kids.

Preschoolers need to be prepped for the physical changes they will see in a parent.

"You have to make clear to them that mommy or daddy is pretty sick," Bornfriend says. "You make them aware of some of the things they may see: mommy or daddy may be laying on the couch more. You talk to them about how you've made a choice, you're going to get treatment and you have a plan. You explain to them what it is and what it is not."

But Bornfriend warns not to get too caught up in details. "Young kids take what they can hear and then they're ready to move on," she explains. "You're ready to be explaining about chemotherapy and radiation and they're gone."

Teenagers, on the other hand, require much more transparency. "You have to give them specific information because they're going to have specific questions and they want to know what's going on in a clear way," Bornfriend says. Additionally, emotions may run high. "There may be a very dramatic response to your news, and you sort of have to batten down the hatches. Or they're going to want their

own privacy in the way they deal with things."

Your teenager may not want to talk to you. Maintaining normalcy is important, Bornfriend says. "You have to make clear to the kids that you expect that they continue to meet their responsibilities," she says. "There will continue to be consequences if they don't."

Bornfriend explains normalcy also means that kids get to be kids. "It's OK for them to have fun, it's necessary for them to have fun," she says. "School-aged kids especially are very into rules and order, and cancer treatment can be very disruptive to them because it changes. But use other people — family members, friends — so that their schedules persist."

Parents need to allow for questions and open communication. "The worst thing is when kids are trapped by themselves and alone in their minds and don't feel that they can ask a question," Bornfriend says. "We tell parents that even if tears are rolling down your face while you're having that conversation with your child, it's better than not having that conversation."



Don't be sad if your retirement jar isn't jammed with cash. Take your savings one cent at a time. iSTOCK

Pause at the piggy bank: Slow but steady wins the race to retirement

A full wallet après-work. It may not be all be yachts and time-share, but there are ways to assure that you relax into retirement

JON
STEIN
Metro World News

If your retirement account is more goose egg than nest egg, you're not alone — especially if you're in your 30s or 40s.

Between 2007 and 2010, Gen Xers lost nearly half their wealth — an average of \$33,000 per household — according to a recent study from Pew Charitable Trusts. Ouch. Luckily, it's not too late to turn things around. Let's get started.

Don't think about saving

You may not be broke, but living in a major city will stretch most paychecks. So don't focus on spending less right now, but saving first. The best way to do that? Make it automatic. Behavioural finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).

Be smart about where you save

If you have a pension plan or something similar at work, start saving here, no matter

Take the long view

If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear.

- Here's what you need to look for: Low fees, index funds (which are also typically low-cost), and no "get-rich-quick" promises. Above all, don't let uncertainty stop you from moving forward.

what. Save as much as you can, especially if your employer offers a match. If you don't have access through your employer — many people don't — you can open your own RRSP.



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Drouin reflects on time with Lightning

QMJHL. The return of the reigning CHL player of the year is expected to make the Herd a contender again



ANDREW RANKIN
andrew.rankin@metronews.ca

A day after being cut by the Tampa Bay Lightning, Jonathan Drouin was back on the ice Monday afternoon with the Halifax Mooseheads.

He didn't sugar coat his immediate reaction to being demoted by the NHL club that picked him third overall in June's NHL draft.

"It was devastating in a way; you want to make the team as quick as possible but there are a lot of years in front of me," said the 18-year-old forward at the Metro Centre. "(The Lightning) want me to play more minutes and their top two lines are pretty much stacked. But, I have to move on and help this team win another championship."

Drouin, the reigning Canadian Hockey League player of the year, racked up 41 goals and 64 assists last season with the Herd.

He admitted getting back into the swing of things might initially be a challenge.

"The motivation will be a little harder in the beginning," said Drouin, speaking to his demotion and the fact that the Mooseheads are coming off a President and Memorial Cup winning season. "I still want to win here and two (titles) would be better than



Jonathan Drouin practises with the Mooseheads at the Metro Centre on Monday afternoon. JEFF HARPER/METRO

Quoted

"I want to be a leader on this team, to the young guys who are here, try to help them with their game to reach that next level."

A day after being cut by the Tampa Bay Lightning, Jonathan Drouin was back on the ice Monday afternoon with the Mooseheads.

one."

Several key players from last year's squad have moved on, including his former linemates Nathan MacKinnon and

Martin Frk, but Drouin said he's excited about the team's remaining players and the new crop of talent.

"We've been doing fine so

far, but we're going to try to change it up."

Not having MacKinnon around as his on-ice sidekick and good buddy will also take some getting used to.

"Me and Nate had great chemistry, but obviously I'm happy he's up there in the NHL, and I hope he does well in Colorado."

Drouin is determined to make the next step in his career, and join the Lightning next season. In the meantime,

he knows he has plenty of work cut out for himself.

"Obviously, the speed's higher there, that's the biggest case. You can't really stop whenever you want, or curl back. They want me to be stronger and I have a year to get stronger, and that's what I'm going to do."

Drouin will make his season debut with the Mooseheads on Tuesday night when Halifax visits the Saint John Sea Dogs.

'Nobody in Canada has ever put a team like this together'



Rainmen head coach Chris Terrell
PHOTO COURTESY OF HALIFAX RAINMEN

When the dust settles, Chris Terrell believes the 2013 edition of the Halifax Rainmen will be the most talented basketball team ever assembled in Canada.

The NBL team's head coach is fresh off leading the Rainmen's minicamp on Saturday where 40 free agents from across the U.S. participated.

Now, the Rainmen are poised over the next week to release a full team roster with

their NBL training camp set to get underway on Oct. 13.

"I've been coaching overseas professionally in the top league in China and first division Europe, and I understand their resumes and can judge their previous experiences," said Terrell. "On paper nobody in Canada has ever put a team like this together."

The Rainmen announced two new signings on Monday, bringing the total to nine, in six-foot-four guard Cheyenne

Gadson and point guard Juan Cooley. Gadson, who has attended several NBA camps over the years, has played in 156 NBA D-League games, averaging 11.9 points and 4.1 steals. Five-foot-10 Cooley is a former first-team All-American with Indiana Tech University and played in 118 games with Targu Mures in Romania from 2008-12, averaging 13.9 points, 7.1 assists.

"This team will largely be comprised of all-star-calibre

players in the top leagues in Europe or the NBA D-League," said Terrell.

But he stopped short of predicting a championship.

"Talent in itself doesn't win a championship and that takes continuity and bonding and health ... there are a million factors."

"But we are putting the pieces together of what we believe to be the most talented and proven rosters in NBL history." **ANDREW RANKIN/METRO**



Rays ace David Price celebrates his complete game with Jose Molina after the Rays topped the Rangers in Monday night's tiebreaker game to earn a wild-card playoff berth. TONY GUTIERREZ/THE ASSOCIATED PRESS

Rule ratification

Players OK changes to icing

Hybrid icing will be in effect for the start of the regular season after it was approved by the players.

The NHLPA gave the go-ahead for the rule change that makes icing a race to an imaginary line across the faceoff dots instead of the puck, which was given a trial run during the pre-season. The goal is to prevent serious injuries, like the one that sidelined Carolina Hurricanes defenceman Joni Pitkanen for the entire season.

THE CANADIAN PRESS

Roster decisions

Youngsters Rielly, Ashton land spots on Leafs

Toronto Maple Leafs 19-year-old defenceman Morgan Rielly impressed enough in training camp to earn a spot on the roster to start the season, along with 22-year-old winger Carter Ashton. The Leafs open the season on Tuesday night in Montreal against the Canadiens.

THE CANADIAN PRESS

NHL. Habs look ready to go big for clash with Leafs

George Parros will get a taste of the Canadiens-Leafs rivalry right off the bat.

The veteran enforcer who joined Montreal this summer has been declared fit to play in the NHL season opener against Toronto on Tuesday night at the Bell Centre.

With Leafs tough guy Frazer McLaren out with a broken finger, some are making wagers on how long it will take Parros to tangle with one of Toronto's other enforcers, like Colton Orr.

"It's a big game and I'm looking forward to it," Parros said Monday. "I had no pre-season games, but you've got to jump in at some point."

"It's a source of pride for me to be back on time. And given the nature of the game — the first game at home against a rival like that — I think it's going to be fun."

Parros had off-season shoulder surgery and wasn't ready to be ready, but rehab went better than expected.

Montreal hopes the six-foot-five right-winger will even out the imbalance in size and grit the Canadiens, a smaller team that thrives on quickness, have endured against some teams in recent

Quoted



"It's a good test right away. They've got a point to prove and we've got a point to prove. It should be fun."

Canadiens bruiser Brandon Prust on Tuesday night's season opener against the Maple Leafs in Montreal.

years.

Coach Michel Therrien did not confirm his lineup, but Parros skated on the fourth line in practice with centre Brandon Prust and Travis Moen, while forwards Ryan White and Michael Bournival looked like they would sit out.

The off-season saw Montreal add three veterans — Parros, big defenceman Douglas Murray and scoring winger Danny Briere.

Murray will not make his Canadiens debut. Therrien said the former San Jose Shark suffered an upper body injury in practice this week and will be out four-to-six weeks. THE CANADIAN PRESS

Price brings Cy stuff as Rays clinch playoffs in Texas

MLB. Rays headed to post-season again after tiebreaking win over Rangers

David Price, Evan Longoria and the Tampa Bay Rays are going to playoffs again, getting there with a victory in their final regular-season game for the second time in three years.

They needed an extra game this time.

Price threw his fourth complete game of the season, Longoria had a two-run homer and the Rays beat the Texas Rangers 5-2 in the AL wild-card tiebreaker game Monday night, the 163rd game for both teams.

Luckily for manager Joe Maddon and the Rays, they weren't done in by another

On Monday

5

Rays

2

Rangers

blown call in Texas — though this one did cost them at least one run.

The Rays face another must-win situation Wednesday night at Cleveland in the AL wild-card game — the winner faces Boston in the division series. Tampa Bay, in the playoffs for the fourth time in six years, won four of six from the Indians during the regular season.

Price (10-8), the reigning AL Cy Young winner, had a 10.26 ERA in four previous starts

at Rangers Ballpark. He was superb in this one, striking out four and walking one. He picked off two runners while allowing seven hits and throwing 81 of 118 pitches for strikes.

"When you can get outs without throwing pitches that's always huge," Price said. "If I don't get those two outs on the pickoff moves, I have to get the next guys out. It forces me to throw at least 10 more pitches."

The 28-year-old lefty reached 10 wins for the fifth straight season. He missed more than six weeks because of a triceps strain but is 9-4 in his 13 starts since returning July 2 from his first career stint on the disabled list.

Texas had won seven in a row, needing every one of those wins just to force the majors' first wild-card tiebreaker since 2007. THE ASSOCIATED PRESS

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

WEEK 4

Monday's result

New Orleans 38 Miami 17

Sunday's results

Seattle 23 Houston 20
Kansas City 31 N.Y. Giants 7
Minnesota 34 Pittsburgh 27
Buffalo 23 Baltimore 20
Arizona 13 Tampa Bay 10
Cleveland 17 Cincinnati 6
Indianapolis 37 Jacksonville 6
Detroit 40 Chicago 32
Tennessee 38 N.Y. Jets 13
Denver 52 Philadelphia 20
San Diego 30 Dallas 21
Washington 24 Oakland 14
New England 30 Atlanta 23

AFC LEADERS

	TD	Rus	Rec	Ret	Pts
Welker, DEN	6	0	6	0	36
Cameron, CLE	5	0	5	0	30
Royal, SMD	5	0	5	0	30
J. Charles, KAN	4	2	2	0	24
De. Thomas, DEN	4	0	4	0	24
Ju. Thomas, DEN	4	0	4	0	24
Bernard, CIN	3	2	1	0	18

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

WEEK 5

Thursday's game — All Times Eastern

Buffalo at Cleveland, 8:25 p.m.

Sunday's games

Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.
Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

NFC LEADERS

	TD	Rus	Rec	Ret	Pts
J. Graham, NOR	4	0	4	0	24
A. Peterson, MIN	4	3	1	0	24
J. Bell, DET	3	3	0	0	18
Ma. Bennett, CHI	3	0	3	0	18
Cruz, NYG	3	0	3	0	18
Vc. Davis, SNF	3	0	3	0	18
Cal. Johnson, DET	3	0	3	0	18

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.

Saskatchewan at B.C., 10 p.m.

Saturday's games

Montreal at Edmonton, 3:30 p.m.

Winnipeg at Calgary, 6:30 p.m.

MLB

AL WILD CARD TIEBREAKER

Monday's result

Tampa Bay 5 Texas 2

WILD CARD

Tuesday's game — All Times Eastern

NL: Cincinnati (Cuelo 5-2) at Pittsburgh

(Liriano 16-8), 8:07 p.m.

Wednesday's game

AL: Tampa Bay at Cleveland (Salazar 2-3),

8:07 p.m.

AL DIVISION SERIES

(Best-of-5)

OAKLAND VS. DETROIT

Friday's game

Detroit at Oakland, 9:37 p.m.

BOSTON VS. CLEVELAND-

TAMPA BAY WINNER

Friday's game

Cleveland-Tampa Bay-Texas winner at

Boston, 3:07 p.m.

NL DIVISION SERIES

ATLANTA VS. LOS ANGELES

Thursday's game

Los Angeles at Atlanta, 8:37 p.m.

ST. LOUIS VS. CINCINNATI-

PITTSBURGH WINNER

Thursday's game

Cincinnati-Pittsburgh winner at St. Louis,

5:07 p.m.

A history of heartache

Canada's Stanley Cup drought reached 19 seasons in 2013. Here's a look at the teams that have come closest since the Montreal Canadiens won it in 1993.

THE CANADIAN PRESS
Photos by Getty Images



'94 Canucks

Led by Pavel Bure, the Canucks rallied from a 3-1 deficit against the New York Rangers in the Stanley Cup final before losing in Game 7 at Madison Square Garden. Longtime Edmonton Oilers star Mark Messier won his sixth championship and prevented Canada from celebrating back-to-back Cups.

'04 Flames

When Oleg Saprykin scored the Game 5 overtime winner to put the Flames on the verge of their second Cup in franchise history, it seemed like a matter of time. But then Marty St. Louis stunned Calgary at the Saddledome in the second overtime of Game 6, and Ruslan Fedotenko scored twice in Game 7 to win it all for the Tampa Bay Lightning.

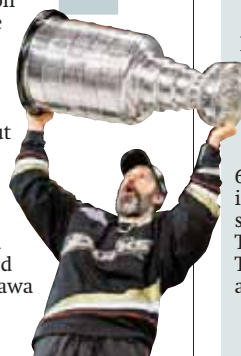


'06 Oilers

The eighth seed in the Western Conference Roloson's brilliance to victories over the Detroit Red Wings, San Jose Sharks and Anaheim Ducks before running into Cam Ward and the Carolina Hurricanes. Roloson suffered a knee injury in the Cup final, but the Oilers took it to Game 7 before falling short.

'07 Senators

Frustration boiled over for the Senators in the form of usually poised captain Daniel Alfredsson shooting the puck at Anaheim Ducks captain Scott Niedermayer in the closing seconds of the second period of Game 4. Alfredsson said he didn't do it intentionally, but the Ducks were fired up and finished off Ottawa in five games.



'11 Canucks

Roberto Luongo and Cory Schneider split time in net for the Canucks, who imploded with the chance to win the Cup in Boston in Game 6. It got worse back home in Game 7, as they were shut out by Conn Smythe Trophy-winner Tim Thomas, setting off riots around Vancouver.

Hope in the Great White North

"There are a lot more American teams than Canadian teams, so you can put that in perspective. It's bound to happen eventually."



Oilers forward Jordan Eberle

"A couple bounces a couple different ways, maybe a Canadian team would've won in the last little while."




Jets captain Andrew Ladd


"Canada deserves a Stanley Cup, so hopefully we can bring it."




Senators captain Jason Spezza

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[#NHLFaceOff](https://twitter.com/NHLFaceOff)



Horoscopes

Aries

March 21 - April 20

You could end up spending a small fortune today because you are looking for ways to cheer yourself up. Feeling good about yourself has nothing to do with money and everything to do with attitude.

Taurus

April 21 - May 21

With Venus, your ruling planet, moving through your opposite sign of Scorpio, you don't need to force things today. You only need power of persuasion — sweet words will get you everything you need.

Gemini

May 22 - June 21

There is no such thing as something for nothing and you will need to remind yourself of that several times today. Having said that, there are still a lot of generous souls out there.

Cancer

June 22 - July 23

This is a fortunate time for you and you should milk it for all it is worth. Use your head today but listen to your heart as well. Get the balance right and you can do no wrong.

Leo

July 24 - Aug. 23

If you need to make amends for something you did or said that you now regret, do it today. You don't have to make a big show of it but you do have to be sincere. Others will know if you don't mean it.

Virgo

Aug. 24 - Sept. 23

You can do no wrong and even your bitterest rivals want to see you do well. Can you believe that? You should, because it's true. Everything will go right for you today — enjoy it.

Libra

Sept. 24 - Oct. 23

You are in a generous mood, which is nice. But it could also be dangerous if you give to those who don't really deserve it. Make sure your largesse goes to the right people.

Scorpio

Oct. 24 - Nov. 22

The decisions you make over the next 24 hours will cause ripples, small ones that then spread out and have consequences far and wide. Make it your aim to change your world, for the better.

Sagittarius

Nov. 23 - Dec. 21

Sudden events will force you to change direction maybe several times over the next few days. Being an adventurous Sag, you enjoy change so don't be fazed — be delighted!

Capricorn

Dec. 22 - Jan. 20

You may not approve of what a friend is trying to do but it is not your business to tell them it isn't allowed. Everyone has freedom of choice and you must respect that.

Aquarius

Jan. 21 - Feb. 19

Someone important is looking at you and clearly like what they see. They will like it even more if you are modest and don't make a big noise about your success. How likely is that?

Pisces

Feb. 20 - March 20

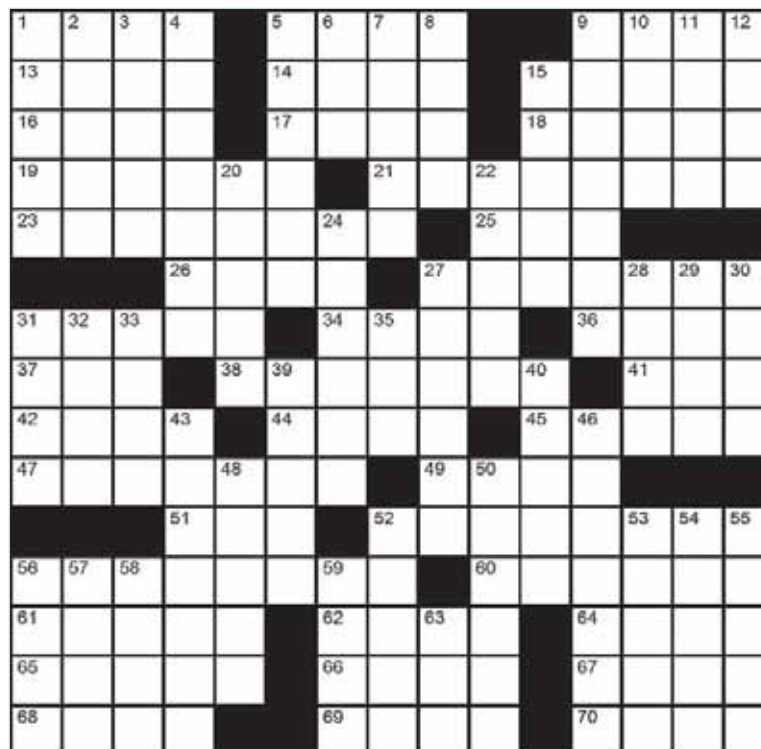
Save your energy for the things that really matter. What are they? They are the things that give your life meaning. Success is important, of course, but don't neglect your "spiritual" side. Aim to be a better person.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Shortened sandwiches
- Ticket tidbit
- Thickening gum
- Handled easily, as a ship
- Hair hues, sometimes
- Health: French
- Nameless [abbr.]
- Joke reaction
- Gladiator's 2003
- Edmonton-born hockey star Jarome
- Reigning without losses
- ___ In Motion (BlackBerry, once)
- Vodka, e.g.
- Waiter's prop
- Nigel of TV talent
- The Divine Comedy writer
- Actor, Scott ___
- Garner
- 'Advert' suffix
- Get supplies: 2 wds.
- "The Hunt for ___ October" (1990)
- Saturate
- "The '___' e knows above a bit, the bullock's but a fool..." - Rudyard Kipling
- Chasm
- Popular sport
- Unaccompanied
- UK record label
- New Brunswick attraction, ___ Rocks
- Luxury 'house' of France



- The Merchant of Venice character
- ___ acid
- Dog, with Lhasa
- Composer Mr. Berlin, et al.
- Badger
- Soaks flax
- Night: French

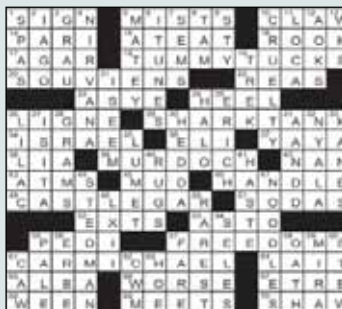
- Classic record label
- Sister on "Charmed"
- Mil. titles
- Way to travel: 2 wds.
- Actress Jessica
- Three: French

- Mack ___ (Canadian filmmaker known for his Keystone Kops movies)
- Big desert
- Travel screening gr.
- "Yup."
- "Touched ___ Angel": 2 wds.

- Central character in Louise Penny's Quebec-set mystery novels, Chief Inspector Armand ___
- Portion
- End in ___ (Draw): 2 wds.
- Harness

- Extract metal from ore
- Guardians in ancient Rome
- CCR's "Born on the ___"
- Robotically-enhanced Sci-Fi human
- "It's done this way...": 2 wds.
- Jackson 5 hometown in Indiana
- Mining discoveries
- Breaks off
- 'D' of CD, variably
- Not worth ___ (Without value)
- Close
- House-coolers in windows, briefly
- Music chord type
- Archaeology-style of prefix
- Tissues brand
- Canadian retailer, established in 1811 in Newfoundland
- 1986 Tony-winning Best Play, ___ Rappaport: 2 wds.
- Fight
- Overly active
- "The ___! ___ Hollywood Story"
- "___' on a Prayer" by Bon Jovi
- Holds up
- Schmoozes
- "How ___ Your Mother"
- Traveller's documentation
- Large instrument
- Alphabetic trio

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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